



## Great Grape Smoothie

*Quick and healthy, this snack is a favorite with kids.*

### Makes 2 servings.

*1 cup per serving.*

**Prep time:** 5 minutes

### Ingredients

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

### Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.

**Tip:** For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake pan or pie pan. Cover and freeze 1½ to 2 hours until completely frozen.

#### **Nutrition information per serving:**

Calories 187, Carbohydrate 48 g,  
Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g,  
Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 0 mg, Sodium 4 mg

## Fresh Salsa

*Fresh tasting with just a bit of heat.*

### Makes 6 servings.

*½ cup per serving.*

**Prep time:** 20 minutes

### Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

### Preparation

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

#### **Nutrition information per serving:**

Calories 34, Carbohydrate 8 g,  
Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g,  
Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 0 mg, Sodium 105 mg